Construction Of Specific Offensive Skill Test And Norms For School Level Kabaddi Players Of Kanchipuram District

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Abstract: The present study was aimed to identify and construction of specific offensive skill test and norms for school level kabaddi players of Kanchipuram district Sixty (N=60), school level kabaddi boys between the age group of 15-18 years were selected. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study. The data, which was collected by administering tests, was statistically treated to develop for all the test items. In order to construct the norms, Percentile Scale was used. To conclude, it is evident that in Running Hand Touch, the scores below 15.743 are considered very poor, from about 15.743-14.013 is considered poor, 14.013-10.553 is considered average, 10.553-8.823 is considered good and the scores above 8.823 are considered very good scores for Kabaddi Players of Kanchipuram district. Summarizing from the findings we can conclude, it is evident that in Double Toe Touch, the scores below 14.07 are considered very poor, from about 14.07-12.61 is considered poor, 12.61-9.69 is considered average, 9.69- 8.23 is considered good and the scores above 8.23 are considered very good scores for Kabaddi Players of Kanchipuram district. To conclude, it is evident that in Rear leg Kick, the scores below 8.74 are considered very poor, from about 8.74-10.52 is considered poor, 10.52-14.08 is considered average, 14.08-15.86 is considered good and the scores above 15.86 are considered very good scores for Kabaddi Players of Kanchipuram district

Index Terms - **Kabaddi, offensive skills, Running hand touch, Double toe touch, Rear leg kick, skill tests, norms, school-level players, Kanchipuram district, Tamil Nadu.**

I. INTRODUCTION

KABADDI

Kabaddi is basically a combative sport, with seven players on each side; played for a period of 40 minutes with a 5 minutes break (20-5-20). The core idea of the game is to score points by raiding into the opponent's court and touching as many defense players as possible without getting caught on a single breath. One player, chanting Kabaddi!!! Kabaddi!!!! Kabaddi!!!! Charges attacks into the opponent court and tries to touch the opponent closest to him, while the seven opponents make maneuvers to catch the attacker. This is called the game Kabaddi, the match of one against seven, also known as the game of struggle. (E. Prasad Rao)

1.1 SKILL

Skill is the ability to do something well; expertise or train (A player) to do a particular task.

1.2 TEST

Test is a "tool of measurement for the collection of data, implying a response from the person being measured" (Barrow and McGee, 1982).

1.3 NORMS

"Norms are standard points of reference that provide a basic for judgment". (Cart E. Willgoose 1961)

1.4 CONSTRUCTION

Here, construction means to design and develop. The tests to be used in the process of standardizing must be evolved or constructed. It naturally leads one to taking test through the process of pilot administration and analysis. In the present study, the term construction indicates specially the construction of a skill tests for Kabaddi players. According to Agrawal "The first step in the construction of an adequate test is to have a full and clear understanding of the objectives of the study and the nature of the data".

1.5 STANDARDIZATION

Cronbach (1984) defined, "A standardized test is one which the procedure, apparatus and scoring have been fixed, so precisely that the same test can be given at different times and places". In the present study, the research scholar has constructed skill tests for Kabaddi players and established its validity, reliability and objectivity. Further norms are developed. This process is called "standardization" in the context of present study.

1.6 MEASUREMENT

Measurement is a technique for evaluation gives quantitative data and characteristically can express its results in numerical form that indicating ability or capacity (Johnson and Nelson, 1988).

1.7 EVALUATION

Evaluation is the statement of quality, value, or worthiness about what has been assessed. (Morrow, 2005)

1.8 VALIDITY

defined the concept of validity as is concerned with the degree to which an instrument actually measures what it purports to measure. Validity is not absolute, but depends on the context in which an instrument of measurement is used. Richard M Jaeger (1983)

1.9 RELIABILITY

"Reliability is the degree to which a test consistently measures a given factor" (Bosco and Gustafson, 1983).

1. 10 OBJECTIVITY

"Objectivity is the consistency of agreement among scores with respect to the quality of correctness of a performance" (Basco and Gustafson, 1983).

1.11 OFFENSE

The focal point of Kabaddi is offensive strength. With their superior strategies and strategy, a couple of strong raiders will shift the entire tempo of the match within minutes.

1. 12 Running Hand Touch

This type of hand touch is applied by the raider during a natural run raid. Raiders who are good at cross step or natural run raid can use this type of hand with ease. It is advisable for the raider to attack the outer shoulder of the anti, by keeping his direction towards the mid-line. Corners and seconds are the best choice of targets and this type of hand touch is effective for raiders who play from second to second. While executing this type of hand touch, the raider should take care not to enter into the lobbies without struggle, or run blindly, since the opponent's chains may stop him. On finishing the attack, the raider should check his speed on leading leg and change direction towards the midline. (E. Prasad Rao, 2002)

1. 13 Rear leg kick

The raider may use surprise tactics at time to touch an anti. A different situation is created when the raider, who is moving in one direction, suddenly takes a turn and attacks the second or corner anti in the reverse direction. This is called rear leg kick and maintain stability on rear leg. Kick without flexing the knee joint. Keep in mind that distance covered and target are more important than kinking high. Take a sharp pivot with the rear leg while kicking. After executing the kick, bring the leg forward to avoid individual catches. Move towards centerline to avoid covers. (E. Prasad Rao, 2002)

1.14   Double Toe Touch

As the name indicates, attack is made twice in the same execution. The raider tries to touch two antis in one execution of the skill. This skill works best when the antis are taken by surprise. The best place for this attack is between the second & third or between corner &second. At times, this kind of double

attack can be made on the same target. Care should, however, be taken to avoid any counter move by the antis. The execution of this skill is sideward to reverse & reverse to forward. (E. Prasad Rao, 2002)

1.15 STATEMENT OF THE PROBLEM

The purpose of this study was to construction of specific offensive skill test and norms for school level kabaddi players of Kanchipuram district

1.16 HYPOTHESIS

The newly constructed Kabaddi offensive skill tests are reliable, valid and objective.

2 REVIEW OF RELATED LITERATURE

Chouhan, P., & Dokho, M. K. (2023) Construct the validity, reliability, objectivity and scoring of kabaddi skill test. The study's goal was to create a Kabaddi skill test. Before any information is actually gathered to get a sample from a specific group of people, a sample size or layout must be chosen. Male athletes were chosen as the study's subjects through the use of purposive sampling. The subjects ranged in age from fourteen to nineteen years old. The researcher designed a battery of kabaddi skill tests to build face validity. A researcher obtained many Kabaddi skills from various sources. After that, we asked experts to rate the skills using a Likert scale. The specialists then provided judgments and advice. Afterward, look at the rating to complete the skill. The battery of skills tests took higher-rated skills into account.

3 RESEARCH METHODOLOGY

To achieve the purpose of the study Sixty (60) boys, school level kabaddi player from Kanchipuram district, were randomly selected as subject. The age ranged between 15 to 18 years respectively were selected. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study. The subjects were purposively assigned: The subject had past experience, at least two years in playing the game of kabaddi, Zonal, district and state level participations (junior, senior and super senior) level players as for the school weight norms and only those who represented their respective school teams were taken as subjects.

3.1 SELECTED OF VARIABLES

INDEPENDENT VARIABLES

School Kabaddi Players

DEPENDENT VARIABLES

Kabaddi Offensive Skill

    I.   Running hand touch
    II.   Double toe touch
    III.   Rear leg kick

3.2 STATISTICAL TECHNIQUE

The data, which was collected by administering tests, was statistically treated to develop for all the test items. In order to construct the norms, Percentile Scale was used.

For testing the hypotheses, the level of significance was set at 0.05.

IV. RESULTS AND DISCUSSION

4.1 Results of Descriptive Statics of Study Variables

Table 4.1: Descriptive Statistics (Mean and Standard Deviation) and Percentile Plot (Hi and Low) of selected kabaddi skills of Kabaddi Players (n1=60)

Test Items	Mean ± Standard Deviation		Hi	Low
Running Hand Touch	Mean	12.283	15	10
	SD	1.73		
Double Toe Touch	Mean	11.15	9	13
	SD	1.46		
Rear leg Kick	Mean	12.3	10	15
	SD	1.78		

Table I

Table 4.1 show that in Running Hand Touch, the mean score was 12.283 and standard deviation score was 1.73. In Double Toe Touch, the mean score was 11.150 and standard deviation score was 1.46. In Rear leg Kick, the mean score was 12.300 and standard deviation score was 1.78. The Descriptive Statistics (Mean and Standard Deviation) of selected Kabaddi Skills of Kabaddi Players (n1=60) of school level kabaddi player of Kanchipuram district has been presented graphically in Figure-I
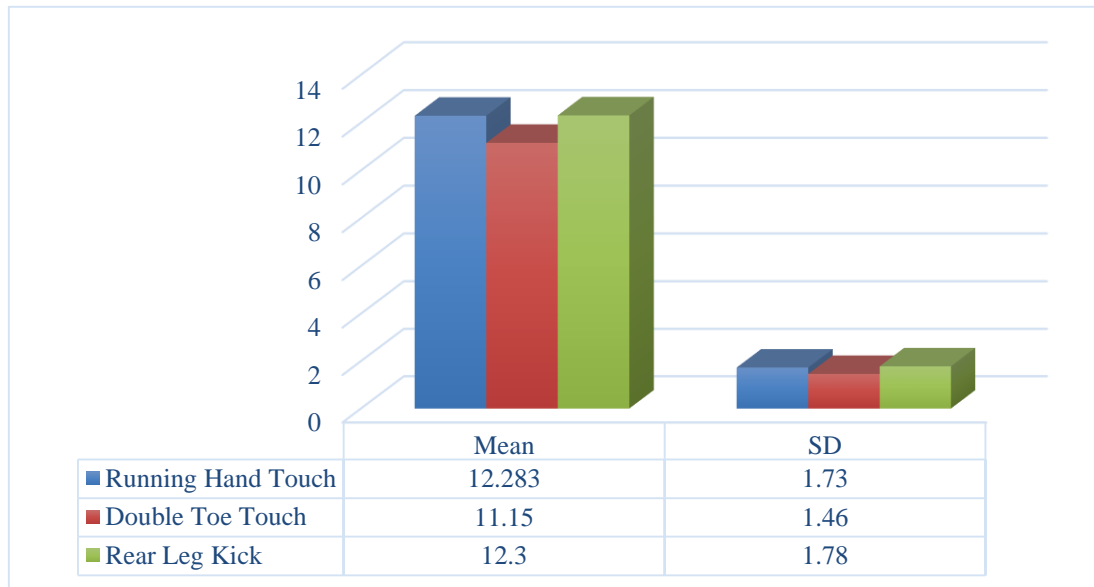
Figure

	Mean	SD
■ Running Hand Touch	12.283	1.73
■ Double Toe Touch	11.15	1.46
■ Rear Leg Kick	12.3	1.78

Figure-1

Descriptive Statistics (Mean and Standard Deviation) of selected kabaddi skills of Kabaddi Players

(n=60)

Table-2

Grading for School level Kabaddi Players of Kanchipuram District, Tamilnadu (n1=60) for the selected Kabaddi Skills (i.e., a. Running Hand Touch, b, Double Toe Touch and c. Rear leg Kick)

Skills	Very Poor	Poor	Average	Good Very	Good
Running Hand Touch	Greater than (>) 15.743	15.743-14.013	14.013-10.553	10.553-8.823	Less than (<) 8.823
Double Toe Touch	Greater than (>)14.07	14.07-12.61	12.61-9.69	9.69-8.23	Less than (<) 8.23
Rear leg Kick	Less than (<) 8.74	8.74-10.52	10.52-14.08	14.08-15.86	*Greater than (>) 15.86*

Table II

Table 4.2The values listed in table- 2 gives a guide to expected scores for school level kabaddi player of Kanchipuram district, (n1=60) for the selected Kabaddi Skills. In Running Hand Touch, the scores below 15.743 are considered very poor, from about 15.743-14.013 is considered poor, 14.013-10.553 is considered average, 10.553- 8.823 is considered good and the scores above 8.823 are considered very good. In Double Toe Touch, the scores below 14.07 are considered very poor, from about 14.07-12.61 is considered poor, 12.61-9.69 is considered average, 9.69-8.23 is considered good and the scores above 8.23 are considered very good. In Rear leg Kick, the scores below 8.74 are considered very poor, from about 8.74-10.52 is considered poor, 10.52-14.08 is considered average, 14.08-15.86 is considered good and the scores above 15.86 are considered very good, of school level kabaddi player of Kanchipuram district has been presented graphically in figure-II.

Figure-2
Descriptive Statistics (Mean and Standard Deviation) of selected kabaddi skills of Kabaddi Players (n=60)

Conclusion

i. To conclude, it is evident that in Running Hand Touch, the scores below 15.743 are considered very poor, from about 15.743- 14.013 is considered poor, 14.013-10.553 is considered average, 10.553-8.823 is considered good and the scores above 8.823 are considered very good scores for school level Kabaddi Players of Kanchipuram district.

ii. To conclude, it is evident that in Double Toe Touch, the scores below 14.07 are considered very poor, from about 14.07-12.61 is considered poor, 12.61-9.69 is considered average, 9.69-8.23 is considered good and the scores above 8.23 are considered very good scores for school level Kabaddi Players of Kanchipuram district.

iii. To conclude, it is evident that in Back Kick, the scores below 8.74 are considered very poor, from about 8.74-10.52 is considered poor, 10.52-14.08 is considered average, 14.08-15.86 is considered good and the scores above 15.86 are considered very good scores for school level Kabaddi Players of Kanchipuram district.

II. ACKNOWLEDGMENT

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